



# The Family Caregiver

Summer, 2013

## Aging & Disability Resources

### CAREGIVERS GET SIMPLE LESSONS

#### 2013 Challenges in Caregiving Conference

There's a time for everything. Caregivers know this all too well. Robin Rose, a nationally-recognized speaker, reminded an audience of several hundred caregivers of that basic truth.

Rose focused on our basic need to maintain joy and passion in the midst of caregiving. Without doing some good self-care, things can go south rather quickly.

"Everyone has stressful moments," commented Rose. They are part of life. Headaches, pains, fatigue, aches, loss of sleep, cramps, digestive issues – they are all part of being human.

We spend lots of time and energy in our "survival brain." That's the area of our head that focuses on just surviving day-to-day. Moving from that level of attention to the part of our brain where passion lives and thrives, is the key to success.

At one point Rose had everyone turn to the person next to them and say with genuine feeling, "You are amazing!" That's the kind of affirmation that we all need and that provides the seed for joy in life. We have to go there – often.

Rose described those times when caregivers live between not knowing how to solve a problem and not knowing how to let go of a problem. It can be a difficult time but one that has to be thought through. That's where friends and personal support systems are so important.

One key lesson Rose gave is to never forget to breathe. Not just a quick in-and-out breath but a deep, full-lunged breathing that fills the whole organ. Only then, when we fill our bodies with the stuff that gives us life, can we really know passion and joy.



### ARE YOU SAFE IN THE SUN THIS SUMMER?

Pierce County Aging & Disability Resources, in partnership with Cascade Eye and Skin Centers, will offer a special workshop to help people better prepare for the impact of the sun on our bodies.

"The Sun and Your Skin" is for all ages – from young children to seniors. The presentation will talk about sun safety and what we can do to prevent the damaging effects of sunlight.

Among the concerns that will be addressed: how much sun is too much; what level of UV protection is needed; what products are the best protection; what are the long term dangers to sun exposure.

The workshop will be repeated four times at four different locations:

#### June 17

- 12:10 – 12:50 p.m.

Pierce County Annex Main Meeting Room, 2401 S 35th Street in Tacoma

- 6:30 – 7:30 p.m.

Summit Branch Library  
5107 112th St E. in Tacoma

#### June 19

- 12:10 – 12:50 p.m.

County City Building Rainier Conference Room  
930 Tacoma Ave S, 7th Floor in Tacoma

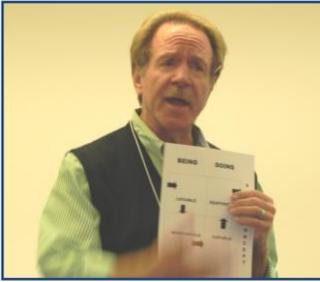
- 6:30 – 7:30 p.m.

Sound View Building  
3602 Pacific Ave. in Tacoma

All ages are welcome, especially seniors and parents of young children.

**Save the date for next year!**  
**2014 Challenges in Caregiving Conference**  
**June 2, 2014**

## More Lessons Learned . . . at the 2013 Challenges in Caregiving Conference



**Rick Pribbernow** from Parenting & Life Skills Education talked about challenging behaviors. “Is it them or is it me?” We got great strategies for reducing conflict within the family or living environment.

One thing caregivers don't do naturally is relax. **Diane Hetrick**, physical therapist at Swedish Medical Center, shared some great techniques to relax physically and mentally, breathe easier and sleep better.



Taking medications as directed is easier said than done. **RaChelle Zylstra** from the Northwest Regional Council, talked about managing medications safely as well as tips on talking to health care providers about medications. Working with pharmacists is also an important part of the mix.

**Michael Bower** from the Alzheimer's Association jumped into helping us understand the disease and how to enter into the world of Alzheimer's to help not only the patient but also to keep our own sanity.



Full Life Care's **Steve Emmer** reviewed the basics about in-home care, adult day programs, home delivered meals, transportation and resources for family caregivers. Pierce County's ADRC helpline – 798-4600 – is always a great resource if you can't remember.

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## Join Us June 26 – Assistive Technology Expo

Learn about new resources and tools to remain safe, independent and active at home. Refreshments provided.

The Assistive Technology Expo is a free, information-only event that highlights what's available for hearing, vision loss, prosthetics, computer access, sitting and positioning, mobility, communication and aids for daily living. Exhibitors will have hands-on displays for you to see and try.

The Expo will be held from 4 to 7 p.m. on Wednesday, June 26 at Norco Medical (formerly Care Medical), 1902 Tacoma Ave., S. in Tacoma. It is jointly sponsored by Pierce County Aging & Disability Resources and Norco Medical Equipment.

## Mark Your Calendars

### June 26 – Assistive Technology Expo

Learn about new adaptive technology to help people remain safe, independent and active at home. Held 4-7 p.m. at Norco Medical, 1902 Tacoma Ave., in Tacoma. Free!

### Sept 14 – Walk to End Alzheimer's

The South Sound Walk will be held at Thea's Park, 535 Dock Street in Tacoma at 8:00 am.

### Sept 22 - Falls Prevention Awareness Day 2013

The 6th annual National Falls Prevention Awareness Day promotes and increases public awareness about how to prevent and reduce falls among older adults. This year's theme, “Preventing Falls—One Step at a Time,” seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls. Activities will be held throughout Pierce County.

### Oct 3 – Pierce County Alzheimer's Caregiver Conference

This free, annual conference for caregivers and families of people with Alzheimer's outgrew our previous location. The 2013 conference will be held at Emmanuel Lutheran Church, 1315 N Stevens St., Tacoma.

### Oct 6 – Pierce County Hunger Walk

Held at Fort Steilacoom Park in Lakewood, this annual event is a fund raiser to help reduce hunger in Pierce County.

### Oct 23 – Making the Link

An annual information fair to help health care and social service providers get acquainted with all the seniors services in Pierce County. All are welcome. Held 11 a.m. to 5 p.m. at the Landmark Convention Center in Tacoma.

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**Want to know more about upcoming events? Call the ADRC for details at (253) 798-4600 or (800) 562-0332.**